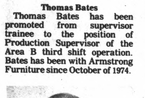
Armstrong Announces Five Promotions

Due to increased production, Armstrong Furniture Company in Appomattox has recently announced several promotions.

Thomas Bates

Thomas Bates has been promoted from supervisor trainee to the position of Production Supervisor of the Area B third shift operation. Bates has been with Armstrong Furniture since October of 1974.



Lew Elder

Lew Elder has accepted a promotion to Assistant General Supervisor, Shipping, from his previous position of Production Supervisor, Dresser-Chest Assembly. He has been with Armstrong Futniture since August of 1974.

Robert S. Harris

Robert S. Harris, formerly hourly relief supervisor of Area A, has been promoted to Production Supervisor of Tab III and A Material on the second shift. Robert has been employed with Armstrong since September of 1974.

James Jones

James Jones, who was previously Production Supervisor of the third shift Sub-Assembly Department, has been promoted to Production Supervisor of Fab II and III on the third shift. Jones has also been with Armstrong since August of 1974.

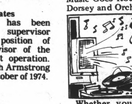
Ron Carter

Ron Carter has accepted a promotion to Production Supervisor of Functional Assembly and Packing on the first shift. He was previously Supervisor of Quality Control. Carter began employment with Armstrong in May of 1974.

QUALITIES In Sound

Little Known Facts

The first pop music chart based on record sales was published Jan. 4, 1936, in *Billboard* magazine. Three separate listings were set up for the top ten sellers of the three leading recording companies. Topping the charts were "Stop, Look and Listen," Joe Venuti and Orchestra; "Quicker Than You Can Say," Ozzie Nelson and Orchestra; and "The Music Goes Round," Tommy Dorsey and Orchestra.



Whether you love pop or classical music, you probably agree there's nothing quite like a good bargain. Bargains on top-name stereo and electronic systems and products is what you can get at the nationwide chain of 6,000 Radio Shack outlets. Especially good buys are top-quality products by Realistic, like the "Minimum Seven" STA-7 compact AM/FM stereo receiver. Its exceptional performance is made possible by new equalization circuitry engineered for optimum results with ultra-compact "mini" speaker systems.

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3M OFFICE PRODUCTS

The Times Virginian
Court St. - Appomattox, Va.

ASCS TODAY

By Tom Conrad

ASC COMMITTEE ELECTIONS - All knows eligible voters have been mailed a letter and a blank petition to nominate a person to be placed on the ballot for this year's committee elections. If you are interested in nominating someone, please mail or bring the petition to the ASCS office by October 30. Each petition must be:

1. Limited to one nominee
2. Signed by at least three eligible voters in the community
3. Include a certification that the nominee is willing to serve if elected.

FLUE CURED TOBACCO - Flue producers are reminded that the next redesignation period runs from October 30 through November 3. If you wish to redesignate warehouses during this time you need to come by the ASCS office and please bring all your marketing cards with you. The pounds redesignated will be eligible for price support on or after November 13.

Flue producers that have finished marketing their 1978 crop are asked to return their marketing cards to the ASCS office as soon as possible.

FIRE, SUN, BURLEY TOBACCO - Fire, sun and burley producers have been mailed a post card (MQ-38) asking them to certify as to the use of DDT, TDE, toxaphene, or endrin, and whether or not Maryland tobacco was grown on the farm. We must have this card filled out and signed before we can issue you your marketing card - If you have misplaced the postcard please stop by the ASCS office to fill one out.

1979 WHEAT PROGRAM - The 1979 wheat program is basically the same as it was in 1978. The required set-aside will be 20 percent of the acres planted to harvest as grain. The national loan rate will be $2.35 per bushel and the target price will be $3.40 per bushel. Participants in the program who reduce the 1979 planted acreage at least 15 percent below their 1978 planted acreage will qualify for a target price guarantee on all the wheat for harvest as grain. The 1979 program does not provide payments for grazing or haying planted acreage.

FINAL VOTE COUNT CONFIRMS SHEEP PRODUCER APPROVAL OF WOOL PROMOTION PROGRAM — The final tabulation of ballots cast in the August 21 - September 1 referendum shows that 83.4 percent of the wool producers voting approved continued deductions from their Commodity Credit Corporation wool incentive payments to finance promotion of wool.

Producers owning 5,137,091 sheep were for the proposal and owners of 1,023,260 sheep were opposed.

Deductions from incentive payments will continue the financing of the council's advertising, promotion and related market development activities on lamb and wool for the marketing years 1978 through 1981.

Under terms of the proposed agreement, deductions will be made from payments beginning next April for marketing during 1978 at the rates of 2½ cents per pound of shorn wool and 12½ cents per hundred pounds of liveweight of slaughter lambs marketed, compared with past deductions of 1¼ cents and 7½ cents. Deduction during 1979, 1980 and 1981 will be at rates agreed upon the secretary and council but may not exceed the rates provided for in the 1978 marketing year.

In Virginia 1,205 wool producers voted with 876 for and 329 against.

STORAGE STRUCTURE AND DRYING EQUIPMENT LOAN PROGRAM - Appomattox County Farmers who have been considering additional storage facilities for their farming operations should review provisions of the Storage Structure and Drying Equipment Loan Program. This loan program was established to enable farmers to purchase erect needed on-farm storage to purchase needed equipment to dry and conditions their crops. The program provides up to 85 percent of the actual cost of eligible storage needs, based on a farmer's two year production. The loan is repayable on the basis of up to seven equal installments over an eight year period. The interest rate is 7 percent computed annually on the unpaid principal. An extra year is included in the loan period to allow the farmer flexibility in case of a difficult year during the repayment period. If you are planning for additional storag eor need more information on the program, please stop by the ASCS office.

SOIL SAMPLES - Now is a good time of the year for all farmers to get soil samples. Record cool weather conditions have hit Virginia in the past two years, preventing farmers from getting their needed soil samples.

Sampling now will allow you time to receive accurate reports and to plan for the coming years seeding and fertilization program.

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- Pine Bark

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Juniper Yew	Weeping Willow
Nandina	Norway Spruce
Boxwood	Mahonia

Potting Soil

PEAT MOSS

Clay Pots Hanging Baskets

Watch for opening of the
"Little Different" Christmas Shoppe

SUPERIOR TREES Nursery & Greenhouse

APPOMATTOX, VA Phone: 352-7624 HIGHWAY 26

ROOM AT THE TOP. Jackets and coats must work well with what you wear underneath. A roomy blouson jacket with drop shoulders, for example, pulls on easily over lots of layers. It's cozy corduroy; $45 in Sears Fall Catalog.

THE FASHION PLACE
By Elaine Monroe, Fashion Director Sears, Roebuck and Co.

If a coat or jacket is on your shopping list, you're in luck! This year you'll find truly terrific outerwear—and lots of it.

But don't be so carried away that you buy on an impulse. A coat or jacket is a most important purchase, fashion-wise and money-wise. Think about it as still another piece of your total wardrobe. It's got to go with what you wear underneath. This season, that means room at the top.

Look, then, for raglan and dolman sleeves; shirring that releases fullness in soft folds; the smock look—that squared shape that is wide but not full.

When you shop for the jacket or coat, wear a typical go-with outfit. This way you can make sure the shape will really work.

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Holly Farms Poultry INDUSTRIES, INC.

645-7791 CREWE, VA.

"The South 40" by JAMES A. SMITH EXTENSION AGENT

It's good to note that Kelly Stratton became a member of the Dairy Herd Improvement Association the first of the month. Currently eleven of the eighteen Grade A herds are on test.

Selling cattle in today's Lynchburg Feeder Cattle Sale are: J. W. Conner, Ronald Coleman, W. E. Bondurant, Jr. amt Sons, H. W. Coleman, Jr., John L. Harrison, M. J. Coleman, J. H. Rosser, and Winston Walton. There will be about 1700 feeders selling today.

.....

Please be aware that Fall Armyworms may wipe out any small grain crop that is off and running before a killing frost. Anyone who has grain growing should walk over it, "wind-shield" it, eyeball it--just make sure you see it often enough to prevent Fall Armyworms from eating it up before you have time to treat. A good killing frost should put a stop to them until next year.

.....

1977-78 results of on-farm fertilizer test demonstrations have been summarized as follows: in Bedford County using barley and with the soil testing medium for phosporus there was a yield of 62.8 bushels per acre when a starter fertilizer was used; when no starter fertilizer was used the yield was 24.6 bushels per acre. In this test no fertilizer was broadcast before seeding.

.....

In another test in the same county when 20# N and 90# of P and K were broadcast and disked in before planting, same soil type and same soil test, when a starter fertilizer was used, the yield was 46.4 bushels-- with no starter fertilizer, the yield was 34.6 bushels per acre.

In both cases the starter fertilizer consisted of 200 pounds per acre of 10-10-10 put through the drill.

Other areas of the state had similar tests, but when soil test was high or very high, there was no response to the use of a starter fertilizer.

.....

Agricultural Best Management Practices are the guide lines that all land owners will be following pursurant to the Federal Water Pollution Control Act Ammendments of 1972 (PL 92-500). Section 208 of this law is of particular concern to farmers.

A copy of the (BMP) is available for your review in this office.

.....

The Annual Membership Meeting of the Virginia Dark-Fired Tobacco Growers Marketing Association is Friday, November 10, at the Randolph Warehouse in Farmville.

Dr. Jim Trammel of the Southern Piedmont Research Station will be the speaker.

.....

Speaking of Dark Tobacco--sales begin Tuesday, November 28, and will run for four weeks before Christmas.

Dairy sales will have a poundage limit the same as last year. Plan to book your tobacco in advance to be sure of space--telephone numbers are: Farmville-- New Randolph Warehouse 392-4029; Lynchburg--New Farmers Warehouse 847-6921.

Tobacco is supported at 84.6 cents per pound.

Fidelity American Continues Record Earnings Trend

LYNCHBURG, VA. October 16, 1978... Earnings results released today by Fidelity American Bankshares show the $1.1 billion Virginia multi-bank holding company posting its tenth consecutive increase in quarterly net operating income.

On a per share basis, net operating income grew by 30.9 percent to $0.72 in the third quarter of 1978 from $0.55 for the same quarter last year. Cumulative net operating income for the first nine months of this year was $2.01 per share versus 1.58 per share for the same period in 1977.

Income after securities gains and losses also showed a significant increase, rising from 25.4 percent from $0.55 per share before an extraordinary tax credit for the third quarter of last year to $0.69 per share for the quarter just completed. On a year-to-date basis, income after securities gains and losses was $1.93 per share for the first three quarters of 1978 compared to $1.69 per share for the same period of the previous year.

The management of Fidelity American also disclosed that applications have been filed to consolidate its Central and Western banks into a single regional organization. Under this plan, existing affiliates in Buena Vista, Chatham, Halifax, Natural Bridge, and Roanoke would be merged into Fidelity American Bank NA, which is headquarted in Lynchburg. The new organization would have total assets of $644 million and 30 offices. Fidelity American has already combined four of its Eastern banks into s single affiliate.

In explaining this internal restructuring, company officials noted that recent changes in Virginia's banking statues allow such mergers to occur without forfeiture of branching rights of the forming institutions. Through regionalization, Fidelity American expects to achieve operational and marketing economies of scale, which in turn should help to generate inproved and expande service offerings. Otherwise, the company anticipates that its customers will see little resulting change, as staffing and credit decisions will continue to be made at the local level.

Eating Well

BY Mrs. Barbara L. Morlang, R.D., Ph. D.
State Nutrition Consultant
Va. Department of Health

Dietary Fiber-What Is It?

In the past year much attention has been given to the amount of "dietary fiber" found in the typical American diet. Some scientists are suggesting that lack of dietary fiber in our diets may be affecting our health. They believe that a decreased intake of dietary fiber may be associated with such diseases as: gallstones, heart disease, diverticulitis, hiatus hernia, polyps, varicose veins, and cancer of the colon and rectum.

Studies in various countries have shown that a high rate of each of these diseases is associated with the slow passage of food through the gastrointestinal tract, and the passage of small stools. The stool weights and softness have been shown to be directly related to the quantity and type of dietary fiber ingested. The amount and type of fiber in the diet is apparently one of the most important components of food with respect in regulating bowel movements.

You may be wondering just what the term dietary fiber means? It is that part of the whole grains, vegetables, fruits, and nuts that resists digestion in the gastrointestinal tract. In refined foods most of the fiber is removed from grains by milling. We also remove some of the fiber from fruits and vegetables by peeling.

The average daily intake of fiber in the United States and other industrialized counties has been estimated to be about four grams. This can be compared with the intake in some of the developing countries of approximately 30 grams. Because fiber holds water the stools of a person on a high fiber diet tend to be soft, bulky, and heavy; and thus pass through the colon rapidly. Too little fiber in the diet has an effect on the consistency of stools, and decreases the rate of passage through the intestine. By learning to eliminate hard stools, constipation causes an increased pressure in the bowel; it has been suggested that these pressure may be the causes of hemorrhoids or piles, varicose veins, and hiatus hernia. Diets low in fiber tend to allow the water to be removed from the stool so that all the contained elements become more concentrated, including any cancer-forming substances. It is believed that in this way constipation may make a person more likely to develop cancer of the bowel.

Researchers have also found that dietary fibers may not only diminish the absorption of cholesterol by the body, but may also alter the amount of cholesterol formed in the liver. In this way eating foods high in fiber content may help to prevent heart disease.

The fiber of starchy plants such as potatoes and cereals is more effective in decreasing constipation than that of fruits. Because it is more concentrated, the fiber from wheat bran appears to the most effective. Although there is considerable variation among individuals, it is believed that as little as two grams of fiber added to the diet each day can decrease constipation. Two grams would be equivalent to an average serving (one ounce) of bran cereal such as All-Bran or Bran Buds. However, bran and other products that produce bulk should not be eaten dry because of the possibility of esophageal obstruction. We need to also be aware that large amounts of bran may temporarily increase the production of gas and cause discomfort. For some patients with ulcerative colitis or regional ileitis, bulk-forming laxatives may not be recommended. It is for these reasons that an individual should not drastically alter his dietary habits unless he first discusses the changes with his physician.

Although nutritionists believe that is is important to include foods high in fiber content in the diet, it is also important to remember that no one food can be a "cure-all" for disease. It may be that dietary fiber will prove to be only one of many dietary and environmental factors.

Nutritionists still emphasize the importance of eating a variety of foods from the Basic Four Food Groups (Dairy Products, Meats, Fruits and Vegetables and Bread and Cereals). By eating a variety of foods from the Basic Four Food Groups, we are more likely to obtain all of the vitamins, minerals and fiber that we need.

Completes Flight Nurse Course

SAN ANTONIO - First Lieutenant Mary E. King, daughter of Mr. and Mrs. H. G. King of Spout Spring, Va., was awarded silver wings upon graduation from the flight nurse course at the U.S. Air Force School of Aerospace Medicine, Brooks AFB, Tex.

Lieutenant King, already a full qualified graduate nurse, received specialized training in aeromedical evacuation techniques. The lieutenant now goes to Charleston AFB, S.C., where she will serve with the 31st Aeromedical Evacuation Squadron.

Lieutenant King, a 1965 high school graduate, received a B.S.N. degree in 1969 at the University of Virginia School of Nursing, Charlottesville, Va.

MRS. KNIGHT'S 4-H CLUB MET

Mrs. Knight's 4-H Club met on Tuesday, October 17, 1978. Karen Trent called the meeting to order. The group repeated the Pledge of Allegiance and the 4-H Motto. Our recreation leaders led a song and conducted a game.

Mr. Sweet showed slides of last year's Share-The Fun. We selected our projects for the year. Our officers for this year are, President - Darryl Hurt, Vice-President, Karen Trent, Secretary - Eunice Moore, Reporter - Elroy Randolph, and Recreation leaders - Denise Sloan and Crystal Fields.

Reporter, Elroy Randolph and Karen Trent.

SCRUBBING-WHO NEEDS IT?

Kitchens are, it's true, the heart of the home. They're also the center of a great many time-consuming, repetitive tasks we could do without!

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Take away all that drudgery, and you'll discover the heart of the home can be a far more heart-warming place to be!

bringing up baby.

By Mrs. Dan Gerber

At seven or eight months, many babies are ready for Junior Baby Foods.

These varieties have slightly more texture than the beginning strained ones. They encourage baby to chew and are a transition to regular table foods. And, they are larger jars to keep up with a growing child's increased appetite and need for food.

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Farmers Harvest Ten Dekalb Corn Plots

A number of county farmers gathered at the Sam Martin, Jr. farm last Monday to observe the harvest of the ten Dekalb corn plots.

The corn was planted April 18 using 126 pounds of N,48 of P and K. Princep and AATREX was used at the rate of one and one-half pounds each. During the planting it begin to rain and probably caused a strain reduction because of said conditions for several varieties.

Per acre yield computed on 15.5 percent moisture are as follows: XL-72bb 92 bu, XL-61 109 bu, XL-43 101 bu, XL-53 95 bu, XL-64 99 bu, XL-72AA 112 bu, XL-72B 86 bu, XL-78 95 bu, XL-394 86 bu and XI-394 72 by. The last variety XL-394 had the lowest population (11,500) which affected this hybrid's yield.

Larry Hicks, Dekalb Sales Representative, in the above picture watches the weighing operation.

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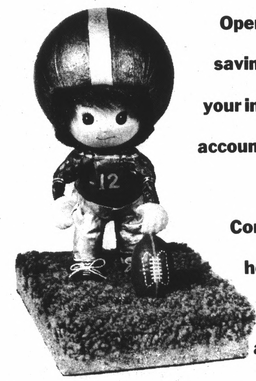

Open a regular passbook savings account and watch your interest grow. A savings account is a good way to insure your future.
Come in today and let us help you get started with a regular savings plan.
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